



## Drug Demand Reduction Program Quarterly Newsletter

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**National Drug Fact Week is 28 January to 1 February 2015. It is an opportunity to shatter the myths about drugs and drug abuse. The abuse of drugs is not a harmless personal decision; there are real, long-lasting, and devastating outcomes for those who abuse drugs and for their families, friends, and communities. And for some, the outcome may be lethal.**



**Heroin is a highly addictive drug and the most rapidly acting of the opiates. It can be injected, smoked, or sniffed/snorted. High purity heroin is usually snorted or smoked. What is its effect on the mind? Because it enters the brain so rapidly, heroin is particularly addictive, both psychologically and physically. Heroin abusers report feeling a surge of euphoria or "rush," followed by a twilight state of sleep and wakefulness. Physical symptoms of heroin use include: Drowsiness, respiratory depression, constricted pupils, nausea, a warm flushing of the skin, dry mouth, and heavy extremities. The effects of a heroin overdose are: Slow and shallow breathing, blue lips and fingernails, clammy skin, convulsions, coma, and possible death.**

**Cocaine is an intense, euphoria-producing stimulant drug with strong addictive potential. It can be injected into veins or muscles, snorting, and smoking are the common ways of using cocaine. What is its effect on the mind? Following smoking or intravenous injection, cocaine reaches the brain in seconds, with a rapid buildup in levels. This results in a rapid-onset, intense euphoric effect known as a "rush." Other effects include increased alertness and excitement, as well as restlessness, irritability, and anxiety. The crash that follows euphoria is characterized by mental and physical exhaustion, sleep, and depression lasting several days. People who abuse cocaine experience episodes of full-blown paranoid psychosis. Cocaine puts you at risk for heart attack and stroke.**



**Methamphetamine (meth) is a stimulant. It is swallowed, snorted, injected, or smoked. Meth is a highly addictive drug with potent central nervous system stimulant properties. Taking even small amounts of meth can result in: increased wakefulness, increased physical activity, decreased appetite, rapid breathing and heart rate, irregular heartbeat, increased blood pressure, and hyperthermia (overheating). High doses can elevate body temperature to dangerous, sometimes lethal, levels, and cause convulsions and even cardiovascular collapse and death.**



Hallucinogens are found in plants and fungi or are synthetically produced and are among the oldest known group of drugs used for their ability to alter human perception and mood. **MDMA** or ecstasy tablets are sold in many colors with a variety of logos to attract young abusers. **LSD** is sold in the form of impregnated paper (blotter acid), typically imprinted with colorful graphic designs. Physiological effects include elevated heart rate, increased blood pressure, and dilated pupils. **MDMA** overdose effects are liver damage, kidney, and cardiovascular system failure and death.

Spice contain powerful chemicals called cannabimimetics and can cause dangerous health effects. The drugs are made specifically to be abused. Like many other illegal drugs, synthetic marijuana is not tested for safety, and users don't really know exactly what chemicals they are putting into their bodies. These synthetic drugs can be extremely dangerous and addictive. Health effects from the drug can be life-threatening and can include: Severe agitation and anxiety; fast, racing heartbeat and higher blood pressure; nausea and vomiting; muscle spasms, seizures, and tremors; intense hallucinations and psychotic episodes; suicidal and other harmful thoughts and/or actions.



**Mephedrone** and **MDPV** are two of the designer cathinones most commonly found in these "bath salt" products. It is usually ingested by sniffing/snorting. They can also be taken orally, smoked, or put into a solution and injected into veins. People who abuse these substances have reported agitation, insomnia, irritability, dizziness, depression, paranoia, delusions, suicidal thoughts, seizures, and panic attacks. Users have also reported effects including impaired perception of reality, reduced motor control, and decreased ability to think clearly. Cathinone derivatives act as central nervous system stimulants causing rapid heart rate (which may lead to heart attacks and strokes), chest pains, nosebleeds, sweating, nausea, and vomiting. These substances are usually marketed with the warning "not intended for human consumption." Uncontrolled or unregulated substances into their bodies, the effects are unknown and can be dangerous.

Source of Information: DEA